

Dear Parents and Carers,

Thank you for supporting our enrichment activities and signing your children up to the various clubs we have on offer.

Any questions, please contact the school office or the member of staff running the club.

Mrs Mardling and the Instow Team.

New dates for your diary

Tues 29th Sept: Appledore Book Festival visiting authors: KS2: Kieran Larwood KS1 & EYFS Duncan Beedle

Wed 30th Sept: School photos

Wed 7th Oct: 9am Reception parents phonics talk.

Mon 12th Oct: 2:30pm Harvest Festival

Tues 13th Oct: Parents evening – 4–6pm

Thurs 15th Oct: Parents evening – 5–7pm

Fri 16th Oct: Non-uniform/ PTFA Cake sale

Wed 21st Oct – Fri 23rd Oct: Y5/Y6 Bristol residential trip

Sat 31st Oct: Last day to enter the pumpkin competition

Mon 26th Oct – Fri 30th Oct: Half Term

Mon 2nd Nov – Y4 Forest School



Jayne Poole Photography

01805 622353

www.jaynepoole.co.uk

jayne@jaynepoole.co.uk

School & Nursery
Photography

School Portraits

Your Photographer will be
here on
Wednesday 30th September
At 8.30am



School Photos

Wednesday 30th September

As the photos are being taken on a PE day children can wear their normal school uniform (not PE Kit) and trainers

What to do if you have a safeguarding concern?

You can talk to our Designated Safeguarding Lead, Mrs Mardling or one of our deputy Safeguarding Leads; Mr Bedford, Miss Harvest or Sharon Goodwin.

If it is outside the school day and you are worried about a child's safety, report it immediately. For immediate danger, call the police on **999**. Otherwise, contact the Devon Multi-Agency Safeguarding Hub (MASH) on **0345 155 1071** or use the [online request for support form](#) to report your concerns to social care.

LUNCH MENU

Week 1 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spaghetti bolognaise (DF)	Burger (DF)	Roasted sausages (DF)	Tomato pasta (DF) (V)	Chicken nuggets(DF)
Vegetarian	Veggie bolognaise (DF)	Veggie burger(DF)	Veggie plait		Veggie nuggets (DF)
Sides	Garlic bread (DF)	Potato cubes, vegetables (DF)	Roast potatoes, carrots, broccoli (DF)	Vegetables, Garlic bread (DF)	Chips or pasta and vegetables (DF)
Jacket Potato	Beans (DF)	Cheese	Beans (DF)	Beans and cheese	Tuna mayo (DF)
Pudding	Banana cake(DF), yoghurt, fruit	Ice cream (DF), fruit or yoghurt	Fruit salad (DF) or yoghurt	Jelly (DF), fruit or yoghurt	Oaty cookie (DF), fruit or yoghurt

DF - Dairy Free

Dairy free yoghurts available every day.

Your Top Doodling Classes this week!



Here are the Top Doodling classes at Instow Community Primary School for the last seven days:

DoodleMaths: Year 2 (38% of pupils in the green zone)

DoodleTables: Trinity Year 5 (10% of pupils in the green zone)

DoodleEnglish: Hartland Class - Year 3 (13% of pupils in the green zone)

DoodleSpell: Trinity Year 6 (19% of pupils in the green zone)

Congratulations to all of the pupils in the green zone – they should be really proud of themselves!

Guitar lessons:

Tim de Vos has a couple of slots available for his guitar lessons which he runs on a Thursday at school for children in years 4 above. If you are interested please contact Tim directly at:

timdvos@yahoo.com

School Uniform

Can you please make sure your children are wearing correct uniform. This includes appropriate jewellery (small studs only) and no nail varnish.

Let's Talk Safer Families

Let's Talk Safer Families is a platform designed to support parents, carers, professionals, and communities to have open conversations about issues that can affect children's safety. The platform provides free, accessible information, advice, and resources on a range of topics to help families build resilience, recognise risks, and know where to access support when needed.

Website link: [Let's Talk Safer Families](#)

Attendance

Well done to this week's winners

Class 1 with a score of 97.80%.

Classes 3: 97.50%

Class 5: 97%

Class 2: 96.70%

Class 4: 94.50%

Online Safety Newsletter

This month's newsletter is full of valuable information including:

How to manage parental controls for different ages? Internet Matters asked online experts, Karl Hopwood and Richard Waite to share their advice on how to manage parental controls for different ages. Find out more here:

[Managing parental controls](#)

Online Safety Quiz the NSPCC have created this quiz to test your child's knowledge on how to stay safe online. It's a great way to start a conversation with your child about their online life. You can access the quiz here

[Online Safety Quiz](#)

A video on the safe use of AI

[Establishing tech rules and tips on safe use of AI](#)

CELEBRATION ASSEMBLY

This week's stars

CI2: Harriet

CI3: Sonny

CI4: Josh

CI5: Amber

Well done to Sandcastles and Windmills for a great start to term.

RESPECT

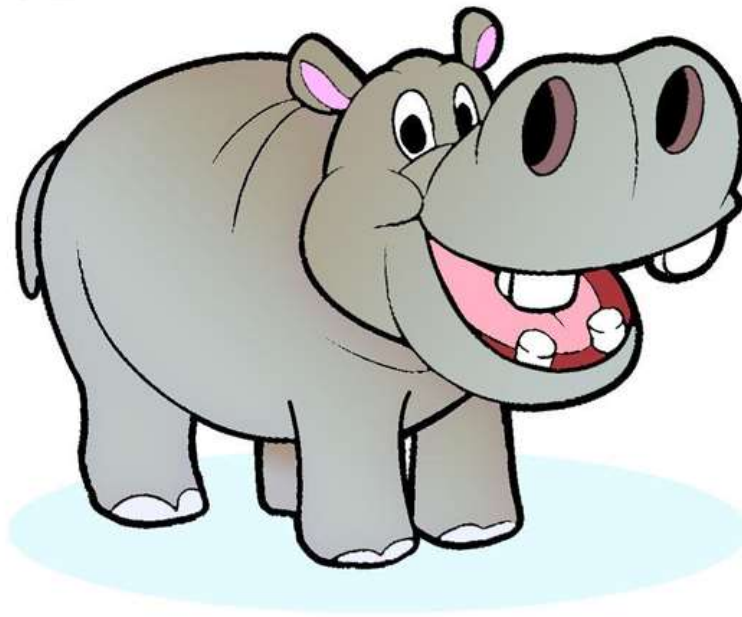
We are learning about the value RESPECT this half term.

The children are taught that respect is treating people, places and things with care.

It means using kind words, listening carefully and helping other people feel safe and valued.

Respect is for everyone, every day.

Birthday Hippo



When it is your birthday at Instow School, (as a treat) you can wear your own clothes on the day, or nearest school day to a weekend.

In return, we ask that you pay **£1** – this can be done via parentpay or an adult needs to bring the money to the office.

The money is spent on resources for the school and decided by the school council.



FREE
Family Advice
& Guidance

**For Parents/Carers of children aged
0-19 and Young People aged 13 –19
(25 with SEND or Care Leaver)**

Single Session Appointments available
in person, via phone or online

CALL

Advice & Guidance Line

0800 5385458

Mon-Fri 10am—4pm

SCAN



Devon



Request for Contact



NORTH DEVON TAIKO PROJECT

TAIKO TUESDAYS Drumming Workshops for adults and school staff

Tuesdays 6pm - 6.45pm

East the Water Primary School

Mines Road

Bideford, EX39 4BZ

£20 for a 5 week block

Starts 22nd Sept, 2026

Contact Gillian Ashcroft

email: ndtaiko@gmail.com

First block FREE for school staff



Supported using public funding by



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NORTH DEVON TAIKO PROJECT

TAIKO TUESDAYS Drumming Workshops for children & young people

Tuesdays 5.15 - 6pm

East the Water Primary School

Mines Road

Bideford, EX39 4BZ

£20 for a 5 week block

Starts 22nd Sept, 2026

Contact Gillian Ashcroft

email: ndtaiko@gmail.com

Suitable for Year 5 and above



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